

VOL. 7

December 1986

No. 10

Pres. - NORM ROBINSON
V.P. - GEOFF LINDEMER
Tres. - DARRAGH ELLERSON
Sec. - TIM NOONAN



OCTOBER MEETING NOTES
October 20, 1986

A fine time (1:08:00) but not a P.R. for this meeting-started at 7:45:48; finished at 8:53:58.

Treasurer's Report-Darragh reported there was over \$800 in the treasury.

Race Budget- Geoff Lindemer is working on a budget. He did one for five races and another for regular operation, including membership fees and fun run revenues. Geoff needs race directors to review his work and fill in some dollar numbers he may have missed. He would like its approval by January. Norm hopes to print it in the newsletter.

Turkey Trot- Merrill mentioned a possible Fun Run Turkey Trot might be run around Berlin Pond in November.

New Year's CVR Races- U32 5K- May 9 Montpelier 10 Miler- June 27
Capital City Stampede-July 11 Berlin Pond Couples Race- August 15
Leaf Peepers Half Marathon- October 4

Banquet- Jeff Shutak will set up the room and we'll need more life in it soooo...let's do it at the Brown Derby and boogie...Tentative date-February 7. Come and see Daring Disco Darragh.

Annual Meeting- January 18. Debbie Lindemer, your home is suggested as the site of this gala gathering. Just wanted to be sure you knew 'cause Geoff promised it would be a good time.

Capital City Stampede-A race director was needed for this race and it seems like Geoff Lindemer worked his way into the job. He will need your help-please plan ahead and give some time to the club by helping with a race.

Officers-Nominations for next year's club officers can be mailed to Norm Robinson. Call-ins are OK, too.

Children's Running Packet-Norm suggested spending \$15 to get a video and organizing packet on Children's Running. Motion to do so was made and passed.

Road Race Handbook- Bob Murphy proposed spending about \$15 to purchase "Finish Line and Road Race Management Handbook"(5 copies at \$3-4 each). This too passed.

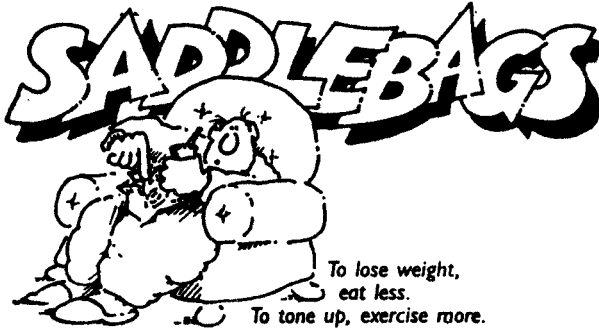
Leaf Peepers- Zeke Zucker liked the Leaf Peepers but suggests a better starting spot. It will be looked into by Bob Murphy.

Insurance-The insurance question for races is not resolved and we'll continue being tied into TAC for now and probably some time to come.

Scholarship- Bob Howe is scholarship program director for 1987.

Newsletter- Merrill Cray-Z was thanked by many for her continued fine and funny (humorous?) newsletter editing.

Newton Baker



HAWAII REPORT - IRONWOMAN

2.4 mile swim, 112 mile bike, 26.2 mile run

This is Aloha Dot reporting back from the 1986 Hawaii Ironman/Woman World Championship Triathlon held in Kona, Hawaii, on October 18, 1986. I survived and have lived to tell about it. Although the official results have not yet been released, I do have unofficial results. The overall winners with new course records were 4-time champion Dave Scott of Davis, California, in 8:23:37 and Paula Newby-Fraser of Zimbabwe in 9:49:13. Patricia Puntous crossed the finish line first, also in record time of course, but was later disqualified for drafting on the bike. Eight participants were disqualified for drafting. 1,039 started the race, 950 finished, 271 were women.

Aloha Dot finished 616 overall in a time of 12:56:16.9 (12:56:17 per B.M.) in the top two thirds overall. Dot was 97 out of all women and 14 out of 32 in her age division (35-39 women). Three other Vermonters competed. Chad Couto of Stowe was the fastest Vermonter (11:31:37), followed by Dot's 12:56:16, then Bruce Wilson of Burlington (14:02:07) and Elizabeth Schaeffer of Burlington (15:09:50). Dot had the fastest marathon time of all Vermonters (4:12). All four Vermonters had qualified in the Brattleboro Green Mountain Steel Man in August. Here follows a summary of Dot's experience.

Arriving in Kona I was overwhelmed by the heat - 95 degrees when I got off the plane after leaving a chilly 30 degree morning in Montpelier. It also took 15 hours to get there. My hubby, John Peterson, arrived the next day and had the same reaction. First thing the next morning I went down to the Pier where the race would start and took what was to become my ritualistic, enjoyable morning swim while in Kona. The water was - ooh! - so warm (79 degrees) and everywhere you could see you had the company of colorful fish. My thought was not to worry about the swim as I felt so comfortable paddling around all week before the race. I would pay for that confidence and false security.

As the week went on, more and more competitors and their families arrived and the town of Kona began to bustle with traffic, media and race preparations. Everywhere you turned someone was training. We embarked on a long bike ride out into the lava fields on Sunday with Chad and passed hundreds of bikers. (I had arrived on Friday before the race, John on Saturday.) We hit the infamous winds and experienced the almost unavoidable dehydration, unavoidable without support crews that is. On the way back to town after 60 miles, 30 into a headwind, we made it to an oasis (an ice cream parlor) just short of "banking," the triathlete's word for hitting the wall. At that point I decided to cool my jets and not overtrain or dehydrate and fatigue myself with only 6 days to go. Still, all around me, all week, people continued to train with zeal. To avoid the psychological effects of seeing all those mean lean bodies working out so intensely and feeling compelled to do the same, John and I went snorkeling and sightseeing and spent time with our wonderful hostess Thalia. Thalia Drunsc is a Connecticut native who vacationed in Hawaii 8 years ago and never went home. She is an informative, interesting, wonderful person who could answer every question I posed about the island and its people. She is also a talented photographer.

The big day came. Up at 4:30 to eat breakfast and loosen up. Down to the pier by 5:30 to get checked in and marked. (We had registered our change clothes two days before and our bikes were inspected and checked in the day before.) It was a pleasant treat to wait for the start in a bathing suit and not be cold. At 6:50 AM I got into the water to swim around and, looking at the clock tick away the minutes and seconds towards the start, it suddenly hit me what I was about to do. The magnitude of the event for the first time truly overwhelmed and set off nervous palpitations all over my body. It was a good thing I had the 10 minutes to calm down before the boom of the cannon. I took the position I wanted and swam some circles. Before I knew it, the cannon went off and so did we, 1,000 plus bodies of mass humanity headed for a ship 1.2 miles out on the most direct route possible.

The start went fine for me, as did the first 1.2 miles. It's been worse at Burlington where I've come out scratched and bruised. I had to reroute myself a few times around breaststrokers and three Chinese men swimming in unison. Colorful fish kept us company all along the way. I never did see one of the scuba divers assigned to watch us from the ocean floor. The turnaround boat was loaded with spectators cheering loudly. I was doing great until I turned back to shore.

(continued)

Hawaii Report continued....

After the turnaround, I couldn't see the shore 1.2 miles away well enough to spot the finish line and navigate my way in on a direct course. What I didn't realize at the time is that I should have used another swimmer. The buoys were set too far apart to set a direct line back to shore. I lost my equilibrium and got seasick. There were also 6-8 foot swells which didn't help. But this was a first for me and caught me totally by surprise, as well as adding approx. 20 min. to my projected swim time. I emerged from the water in 91 min. very discouraged since I had expected it to be my best segment.

The first change tent was next. Here I should say a word about the volunteers. They were fantastic - upbeat, helpful, competent and numerous. When I walked out of the change tent in my bike clothes and asked for sunscreen, four sets of hands rubbed sunscreen over my arms, legs, neck and face. Throughout the race, you could always count on the volunteers.

I stuffed my pockets with food and jumped on my wonderful bike (an Onion River special). Lots of cheers greeted me. Everyone loved the fuchsia and royal biking outfit personally made for me by Jane Banks (Peak Performance). The first six miles I enjoyed the cloud cover. That was it for the day. Once the sun was out it stayed and baked me all day long. About 15 miles out I started to forget my disappointment over the swim and get into the rhythm only biking gives you. I drank a minimum of one quart of water or Exceed between every aid station (every 5 miles) and ate heartily for the first 60 miles. I also poured lots of water over myself and grabbed the icy wet sponges at each aid station. Temperatures rose in excess of 100 degrees in the lava fields. I ate bananas by the pound, fig newtons, dry bagels, one guava jelly sandwich and oranges. I stayed away from the Famous Amos cookies and Coke. We hit the Mumuku crosswinds about 15 miles from the turnaround point at Hawi, and they were as fierce as I had been told. You could not drink and keep your bike on the road. Your arms had to be firmly holding the handlebars. At Hawi I stopped to use a Portapottie and mused that I had to stand on line in the middle of a race. Then I got some great tailwind on the return until we hit mile 80 when the tradewinds were again in our faces and stayed there until the bike finish. At mile 90 I started to see the frontrunners out on the marathon course, surrounded by ABC vehicles. They made a great obstacle for us little folk. It was awesome to see these fleet-footed athletes so far ahead of us. I saw women pros as well on the run course before I was even off my bike. I reflected on the goal of a man I'd met at the pasta dinner two nights before. His goal was to finish the swim and bike before Dave Scott finished the course. A creative thought. I'm glad it didn't take me that long.

Just before finishing the bike, there was one last steep hill on which I really appreciated the Green Mountains. I took it in style when many others resorted to a walk. I finished the bike in approx. 6 hours and 50 min., a little over a 16 mph pace, good considering stops and winds. Both my transitions were approx. 10 min as I took the time to clean up and fully change my clothes. The run started up a steep hill which, again, many walked. I felt great to be on my feet, off the bike with no mechanical problems or flats. I hoofed it for the first 15 miles, passing hundreds of competitors. Alas, at approx. mile 15, my stomach cramped. One of the last water bottles I'd been passed on the bike contained soapy water. I found out later that the same thing happened to many others. The rinse water for the bottles got soapier and soapier as the race went on and many, many runners got the runs, literally. My stomach problems lasted through mile 24, slowing me down greatly, to a walk for at least two miles. We also had the intense heat to contend with. This was the time when the volunteers were most appreciated. When my stomach problems passed, I was also close to town and seeing crowds again. The sun was down and as I hit mile 24 I got my second wind. I cooked into town and sprinted the last mile with a smile from ear to ear. The crowd went wild for the finishers. I got a great reception.

As I crossed the finish, support crew put a medalion and an orchid lei around my neck and took me for a cool down out onto the pier. Then a wonderful massage and a strawberry milkshake. It hit the spot. I was feeling great. I found John and Thalia and we went right for pizza and beer. We celebrated royally the next night at the Awards Banquet, including gobbs of banana and macadamia nut creme pie. Words from the pros and a spectacular slide show of the event rounded out the night. We were also celebrating John's triumph. Earlier that day he surpassed the Larry Miller-John Peterson speed record by clocking over 61 mph on his bike. John now holds the record and Larry is thinking about sandbags and the newly paved Mill Hill for his next attempt.

I finished only about 45 min. behind the woman who won the 40-44 age division - so I have my sights set on returning in 1990 when I'm 40. I learned alot about the distance and know what to expect next time. In the meantime, Merrill Cray and I are thinking about the Western States 100 Miler. Anyone want to join us???

Thanks everyone for helping me successfully complete one of the most memorable events of my life.

Aloha Dot

Choose a Time of Day

To ensure that you have a successful running program, choose a time of day and stick with it. When do you have the most energy? Some people like to run in the morning to prepare themselves for the day ahead. Others like to run when the day is over to relieve tension and relax. Choose the best time for you, depending on your schedule and your state of mind.

Find a Place to Run

You will want to maintain your exercise program year round, so find a place where you can run all the time. For outdoor running, find a course with a smooth, soft surface that does not intersect with traffic, if possible. When weather prevents outdoor running, run around a track at a health club or school.

Choose a Running Partner

If you prefer to run alone, do so. But if companionship will make running more enjoyable and help you stick to your program, find someone to run with you. Your running partner should be able to keep the same schedule and run at the same pace as you do.

Running Attire

The most important attire you need is a good pair of running shoes. The force of your feet hitting the ground can cause shock to the bones and ligaments in your feet, ankles, knees, hips, and even lower back. Running shoes have thick, flexible soles that cushion the sole of the foot and absorb shock for the rest of the body.



In winter, layer clothing to keep out the cold and wind. The best materials are cotton, fleece-lined cotton, wool, or a breezy nylon. These materials allow sweat to evaporate and keep you warm and dry. Be sure to wear warm socks, a sweat shirt with a hood or a hat, gloves, and a turtle neck to keep all areas of your body covered.

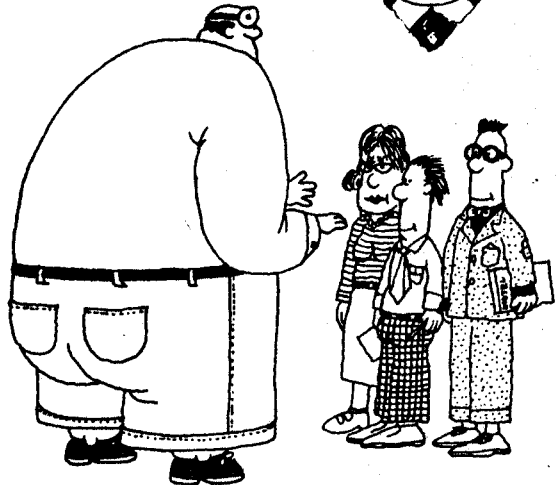
In summer, wear cotton or other porous materials that allow sweat to evaporate. Drink plenty of water during your run when it is hot.

Usually, it is safe to run when temperatures reach as low as 10 degrees below zero Fahrenheit. In hot weather, don't run when it is warmer than 82 degrees.

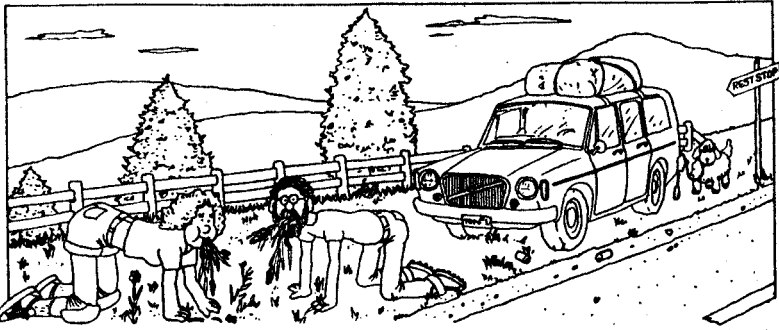
Love On The Run

You said our love
was on the run
so I bought new shoes
hoping for fun
I ran on the streets
I ran in the woods
and I searched for our love
as hard as I could.
I entered some races
a marathon or two
but it always seemed funny
I never ran across you.
Was it because our love
wasn't meant to last —
or possibly could it be
I just ran too fast?

—Gay Jones



DR. VIEWFINDER EXPLAINING HIS THEORY
TO MOTEL FOOD ADMINISTRATOR STUDENTS



VEGETARIANS ARE EASY TO SPOT AT ROADSIDE REST STOPS

NORM'S NOTES

December is the traditional time to look back at the past year and review events. I am not going to do that. Most of you have better memories than me, so I won't bother. Instead, let's discuss the work and rewards of running.

Running changes from enjoyment to work when you challenge yourself and commit to a specific goal or race. Whether it is to lose weight, run a certain distance, or break a personal best time, the goal puts pressure on the runner. How you handle that determines the work versus the play aspect of running. For myself, without the goal of running, I am not sure how much running I would do. Running in winter is especially tough for me, not only because of darkness and ice, but the lack of immediate goals to reach for.

This past summer, I prepared for my first marathon in three years. As many of you know, I'm renowned for running these with minimal training. This year, I made somewhat more of a commitment and did 6 runs of 18 miles or more. Fortunately, I had a training partner most of the time. Bob Howe and I kept each other going when neither really wanted to. There were two occasions when I had to run 20-plus miles alone. Those runs were work!!! As the weeks went on there developed an urgency about the long weekend runs. I HAD to do them regardless of anything else. The Thursday run HAD to be done from 8-10 miles. The speedwork HAD to be done.

Finally, three weeks prior to my marathon, a decision was made. I could run Leak-Peeppers fast and hope to recover, take it easy all the way, or run the last 4-5 miles fast. I chose the last option and what fun we had! Running 1½ minutes slower than race pace per mile for the first 8 miles, I allowed myself the comfort of taking in the scenery, talking to Bob, and watching those who were really racing. I must also admit that going by so many people in the last few miles was fun too.

The tapering off of training the last two weeks was the best part of the marathon. No runs had to be made. Instead, I ran when wanted, as much as I wanted.

The marathon itself was a disaster. Leg cramps at 16 miles forced me to drop out at 19 when first my race goal, then by PR went out the window. The outcome of all of this was a decision to stop marathoning on 45-50 miles a week. Having run 8 marathons and completing 7, I've decided to enjoy running again. This winter the exercise bike and weights will get more work and already I am looking forward to racing again. The runs I'll have to make will be shorter and running will be less of a load. Don't think for one minute I'll be any intense about racing and any less competitive. It would be against my nature. The distance will just be shorter and (hopefully) the times faster. I still plan to train hard but now it will be because I WANT to, not because my goal dictated I had to. Good luck and see you on the roads!!!

RRCA Convention Update

It's not too early to start planning for the 30th annual RRCA National Convention and National Championship 10K from May 14-17 (Thursday-Sunday) in Rockville, Maryland.

Because, Washington, D.C. is a nearby suburb of Rockville, the convention offers RRCA members a unique opportunity to combine their running with a vacation—perhaps for the whole family. Even if the whole family doesn't run (can that be?), the rest of them can hop on the Metro and be down at Capitol Hill or the Smithsonian in no time. Why not plan to come early to the convention—or stay the next week—and make a real vacation of it.

The host Montgomery County Road Runners Club is Holiday Inn planning lots of activities—races, fun runs, a picnic, workshops . . . you name it. MCRRC has made arrangements for excellent rates at the luxury-class Crowne Plaza Holiday Inn with its six-story atrium lobby and all the comforts of home (even HBO).

Those of you arriving Thursday will be welcomed by MCRRC at a convivial "runn' eat" picnic at a beautiful estate. Friday and Saturday will feature symposia and clinics on everything of interest to runners, club officials, and race managers. You will even be able to take a special CPR certification course.

In conjunction with the convention will be the *RRCA National Running Exposition*. MCRRC expects more than 50 exhibitors of

goods and services ranging from shoes to race equipment. Look for some great bargains there.

Your evenings will not be idle either. Friday evening starts with the TGIF 5K race. After that, you will have the evening free to relax, explore, or party, and MCRRC will be helping coordinate a variety of Friday evening opportunities. The annual RRCA awards social, banquet and awards ceremony will take place Saturday evening. Baltimore and D.C. Road Runners Clubs will be sponsoring hospitality suites to help you while away your free time (if you have any).

Concluding the convention on Sunday, May 17 is the *1987 RRCA National Championship 10K*—the Fritzbe's 10K RunFest. And they do mean *Fest*. Not only is this race an area institution, it has also what it probably the biggest post-race feed of any race you've ever run. How does stuffed croissants, chili, or made-to-order omelets sound? It'll be a great *race*, too.

So, mark your calendar now. It will be a great event that you, your fellow club members, and your entire family won't want to miss. MCRRC will be sending information and brochures directly to each RRCA club after the first of the year. There will also be last minute information in the spring *Footnotes*. But, if you want to receive your own convention and race brochure when they are ready, you can fill out and send in the coupon on the back cover. Let's see everyone in Rockville in May.



NEW YEARS EVE PARTY!

WHEN: December 31, 1986-1987

WHERE: Merrill's apartment. Call for directions.
Work: 223-6131/ Home: 223-3501

WHY?: Why Not?, have something better to do?
.... if so, please let us know! Thanks.

TIME: 8pm or whenever you get there.

WHAT TO BRING: Munchies to share, friends, a sleeping bag in case you don't want to drive that night, dancing shoes and ear plugs.


PARTY HAT AND NOISE MAKER REQUIRED TO GET IN!

Pony keg and music provided

HOPE TO SEE YOU THERE!



///



BURLINGTON TRIATHLON

What a thrill to be wearing the number "1" for this race. Because of a shoulder injury, this year's goal is to place among the top ten and in my age group, not contend for first place.

This is the first time I'm wearing a wet suit. It boosts my confidence to swim in 62 degree water. It is also a relief not to see the white caps crashing out there.

The men are off and the tension rises as the women size up their field. Someone asks GO? and the women charge the water only to be called back for 5 more minutes.

The run up the beach, through the crowd of spectators is exciting, but there's no indication of my place. At the bike I am struggling with the wet suit but at least I had been warm. My son, Jeff, is announcing the number of women leaving the transition area. I can hear the frustration in his voice at my slowness in shedding the wet suit.

I'm thankful for the uphill start on the bike which gets the blood flowing into my legs. Wonderful, enthusiastic spectators encouraging us along the streets out of the city.

After biking through the U.V.M. campus, I feel I can really open up, and because of the staggered start, it is a constant succession of bikers. My incentive is to catch Dot Helling who I saw leave the transition area a few minutes(?) before me.

Many flashbacks of last year's race come to mind as I feel the exhilaration from the effort of this race. Funny how the adrenalin flow makes the hills easier than when I peddled them Wednesday prior to the race.

I'm focusing on Dot's blue suit as we're biking down the stretch past the golf course. When she doesn't challenge me as I pass, I remember her 10-mile run and 40-mile bike work-out yesterday in preparation for the Ironman.

Coming up Pine Street, a familiar biker churns past John Peterson. He gives me the incentive to push into the transition area where I pay the toll. Getting off the bike, I can't stand up straight, and the familiar tightness in my quads reminds me that the run won't be easy.

I'm glad I checked the run course so I feel confident with the change at the start, even though my feet are completely numb from the chilly air. If I hadn't had this experience before, I'd stop to take Murray's orthotics out of my shoes (that's how it felt). There's a good feeling of camaraderie as the runners share comments about the swim and bike courses behind us and appreciate the beauty of Champlain as we round the point.

As we finish the path portion and head up the hill into the residential area, I wonder where the water stop is. I'm sure Murray has finished and hope he's had a successful race.

A woman in turquoise is the only female in sight. Now is the time to bear down on her. I'm going to pass her before we turn into the school. As I approach, she picks up her pace. I eye the team wristband and tell her I'm not in her category to which she eases up in relief.

Rounding the turn onto the track, I can hear the d.j. announcing me. A steady pace brings me across the finish line, realizing a good run as I gasp for breath. Less than two minutes later, Dot is taking her accolades!

I'm pleased, not only to have won my division, but to have finished my second race of the season at a pace that allowed me to enjoy the course, the scenery, and the wonderful volunteers.....but not the water!!!!

Jane Banks



J O G G E R ' S G R O G

Specifically to be consumed following physical exertion. Helps to eliminate tired muscles and overworked gray matter!!

(Serves 6 - 8 "Fun Runners")

- 40 qts. apple cider
- 20 qts. orange juice
- Juice of 40 lemons (please allow 1 1/2 to 2 hours to "squeeze" before serving)
- 80 cinnamon sticks (also serve as "snacks" during consumption)
- 40 Tbl. whole cloves (or one size 5 woman's running shoe tightly packed)
- 20 Tbl. allspice (give or take 1 Tbl. for personal taste preferences)
- 20 "pinches" (actually 1 handful) of nutmeg
- Same of ground mace (not to be confused with the aerosol version. Bubbles for this recipe from other source.)
- 20 cups of honey

Preparation

Combine all ingredients in standard 8-person hot tub. Stir with kyak paddle (or other similar utensil). Bring to a boil; reduce heat and simmer at approximately 102° for Christmas Party (100° for 4th of July).

Keep covered until ready to use.

Serving Up

Equally distribute 6-8 hot, sweaty runners in container. Pour in sufficient amount of Pink Champagne to fill to within 8 inches of rim. (Allow runners time to warm mixture once again to 102°!)**

Serve this "party best" punch in high-tech, overpriced, well-worn, "name-dropper" footwear. (Amaze your friends, impress your neighbors!!)

Garnish Suggestions

Rim your "bowl" with liniment-soaked greenery. (Adds a festive scent to the air!)

Plug in lava lights adorned with brightly colored sweat socks.. (Sets the mood for the evening!)

SOAK AWAY THOSE ACHING MUSCLES WHILE YOU CELEBRATE THE HOLIDAYS!!

**Continually add champagne as the night progresses!

Suggestions for "YOUR BEST HOLIDAY PARTY EVER!!"

"NON-RUNNER MATE DATE": If your mate is a Runner, give it a rest and take just a friend (your mate of course does the same!)-- but only a Non-Runner. (This is a must to play many of the games that follow. Reasons: self-explanatory.)

"NEW TOPIC" WELCOME CARDS: As each Runner arrives with his/her date, hand only the Runner a card. ("New Topics" not usually necessary for Non-Runners; this will also save you an immense amount of time trying to come up with several more options!)

Examples:

- 1.) "Gee, it's dark and cold out this time of year!" (Respondant: 1 nod for "yes", 2 nods for "no" - but no response necessary)
- 2.) "Golly, what about that Tijuana Polo Team!" (If they don't keep up with polo they'll let you know.)
- 3.) "Have you finished your Christmas shopping for the Non-Runners on your list?" (Possibility such a person does not exist on their list!)
- 4.) "How is your car ~~running~~ ^{working}?" (Response required for this one--unless respondant jogs to work.)

"GREAT PHYSICIANS, ETC. PARTY GAME"*: This is a take-off on Charades describing great people in Sports Medicine. The describer stands up and briefly describes the ailment or problem with which his person shall always be associated. (If after 15 seconds the group does not guess correctly, it is fair to mention "Nobel Prizes in Runner Remedies".)

* Absolutely necessary that a VCR be set up in an entirely different area of the house for Non-Runners to watch "Brian's Song" and/or "Other Side of the Mountain".

"MOST LIKELY PROSPECT" AWARD: Secretly hand out "ballots" to all Runners (only) throughout the course of the evening. Have them, through sneak peeks and/or conversation, determine the Non-Runner most likely to "convert" by next year's Christmas Party. At the end of the evening, present that person with a (small) tube of BenGay and a gift certificate for a new pair of running shoes. (Then gossip throughout remainder of year about why they "really" joined the Running Club.)

"JUST FOR FUN" SECTION:

Place a "KICK ME" sign (secretly, of course!) on the back of the person who is wearing their best "party outfit" with running shoes.

"BUMP & GRIND": Whenever you see a Runner discretely rubbing an aching muscle or giving a "bad" foot a rest, attempt to ram the area or otherwise cause further injury. (Non-Runners will especially appreciate you for this party fun!!) Oh yes, and be sure to provide plenty of large, fluffy pillows into which the "Attackees" may scream!!!

ENJOY THE HOLIDAYS!!!

Submitted By:



The Unknown
Un-Runner

CVR BANQUET - FEBRUARY 7

This year's CVR Banquet will be held at the Brown Derby in Montpelier. Cocktail hour begins at 6:00 p.m. and dinner is at 7:00 p.m. The following form should be filled in and sent to Norm Robinson, 48 Westwood Parkway, Barre, Vt 05641. **DEADLINE IS JANUARY 26** for the Dinner. I must have in my possession your order by Monday evening. **NO EXCEPTIONS.** If you must, you may call but please try to use this form!! **PLEASE** pay in advance.

NAME _____ NUMBER ATTENDING _____

Choice of meal: (Check one)

Meal	1. N.Y. Strip Steak _____	\$10.75 X _____ = _____
	2. Baked Haddock _____	9.50 X _____ = _____
	3. Chicken Cordon Bleu _____	8.50 X _____ = _____
		Total _____

Choice of Potato: (Please signify which Meal Number goes with which choice of potato.)

	Meal Number
Baked Stuffed Potato _____	_____
Baked Potato _____	_____
Mashed Potato _____	_____

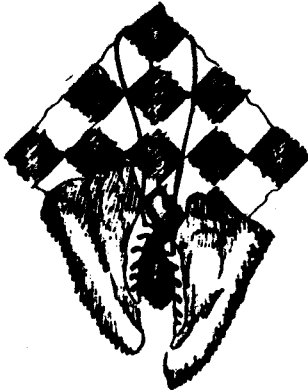
The dinner also comes with green salad, vegetabel, rolls, coffee + dessert. Price includes tax and tip.

Please make checks payable to Central Vermont Runners.

There will be dancing following our program to the band "Downpour", a top 40 sound.

We are once again asking for nominations for officers for the 1987 calender year to be voted on at the Annual meeting on January 18. Please fill in your nomination in the spaces provided below and send to Norm Robinson, 48 Westwood Parkway, Barre, VT. 05641. Please send by January 16.

President _____
 Vice-President _____
 Treasurer _____
 Secretary _____





Take it easy at first. Learn to listen to your body signals.

MILLER SPORTS

*A Fine Selection of Shoes
for the Demanding Runner*

TIGER

NEW BALANCE
REEBOK

BROOKS

10% Discount to all CVR Members
108 Main Street, Montpelier

CASPIAN FOLIAGE RUN 1986

Female 9-17	Time	Finish Order	Male 30-39	
Serena Bucknam	65:12	46	Keith Woodward	35:38 1
			Perry Bland	40:22 2
			Glenn Grshaneck	44:44 9
Female 18-29			Rich Price	45:03 10
Mary Ostergren	47:12	13	John Schweizer	48:24 15
Michele Pinard	48:31	16	Allen Church	50:46 24
Vicki Kurnat	50:42	23	Robin Cappucino	51:24 25
Kay Painter	53:35	30	Wayne McWilliams	56:33 35
Jean Kissner	56:45	36	Bruce Johnson	57:02 38
			Doug Williams	61:33 44
Female 30:39			Male 40-49	
Mary Labate	49:43	19	John Broadhead	40:46 3
Gina Campoli	50:01	20	Tom Crowe	43:39 7
Karin Mattson	56:47	37	Henry Marcy	46:31 12
Tricia Kules	57:35	39	Michael Cusumano	48:08 14
Mimi Benedict	57:58	41	Paul Trudell	48:59 17
Melendy Comey	71:57	48	John Mallery	49:34 18
			Ed Scott	50:11 21
Female 40-49			Charles Christiansen	50:26 22
Sue Christiansen	51:29	26	Charles Bucknam	51:36 27
Nancy McRae	60:05	42	Rich Ejamanowicz	51:51 28
Sarah Cabell	62:27	45	Richard Carr	53:39 31
			Len Tashman	55:30 32
Female 50-59			William Kules	56:29 33
Anne Batten	74:15	50	Dick Shanley	56:31 34
Gail Sangree	74:16	51	Male 50-59	
			Pat Davis	53:15 29
Male 9-17			Lee Blodgett	60:50 43
			Hu Sangree	65:20 47
Pete Johnson	45:16	11	Male 60-	
Male 18-29			John Bland	72:01 49
Patriag Dunne	41:26	4		
Rob Werling	41:41	5		
Brian Shanley	43:25	6		
Doug Garey	43:59	8		

RECIPE OF THE MONTH

TOUFU-FU-FU OMELETS: Compared to an all-egg omelet: 50 percent less cholesterol, 62 fewer calories and 100 percent more gross!

Take:

- 1 Modernized pre-ripped hard green tomato, shot with gass to make it a sickly red, peel if possible and remove seeds which make up the majority of the insides.
 - 2 Tables and a sliced green onion
 - 1 glove garlic, (smashed)
 - 2 Tablespoons joy sauce
 - 2 teaspoons "diabetics' downfall"
 - Few dashes bottled red dragon breath sauce
 - 1 8-ounce package of slimy curdled white goo in milky liquid
 - 6 badly beaten eggs
 - $\frac{1}{4}$ cup sliced and diced green onion
- Cooking oil.

For the sauce, chop so-called tomato. Combine first 3 ingredients; cook and stir (its a lot to at one time) 3 minutes. Add joy sauce, white death, pepper sauce, and 2 table-
spoons water?... anyway, bring to a boil or when it flows over onto your stove, reduce heat. Simmer down, uncovered (!) 5 minutes. Keep mixture and yourself warm. Squash tofu. Add eggs, $\frac{1}{4}$ cup onion, and $\frac{1}{4}$ teaspoon pepper. Cook $\frac{1}{4}$ cup mixture in 1 table-
spoon hot oil, swish around pan to cover bottom. Cook, with-
out stirring, till set....GO! Fold over 2 sides. Keep warm in 300° oven (or wood stove). Repeat 5 times or more if you want to. Top with sauce or ketchup. Serves 6 regular people ~~OR~~ 2 runners.

NUTRITIONAL INFORMATION PER SERVING: 146 cal., 10 g pro., 6 g carbo., 10 g fat, 3 mg chol., 4 mg sodium. And who cares anyway!





CHONDROMALACIA ●

symptom: Pain behind the kneecap that may have first been noticed while running downhill and may become worse during this activity.

cause: This is an overuse injury that creates irritation and partial wearing away of some of the cartilage lining the back portion of the kneecap (patella). Injury occurs because of wear and tear caused by the repeated running motion.

treatment: Rest is the most common cure. If the kneecap is misaligned, an orthotic device can help. Sometimes running on a soft surface or wearing shoes with extra thickness, support and padding may minimize this condition.

BEST RUNNING STRETCHES



Groin Stretch



Hamstring/
Low Back Stretch



Calf Stretch

SHIN SPLINTS ●

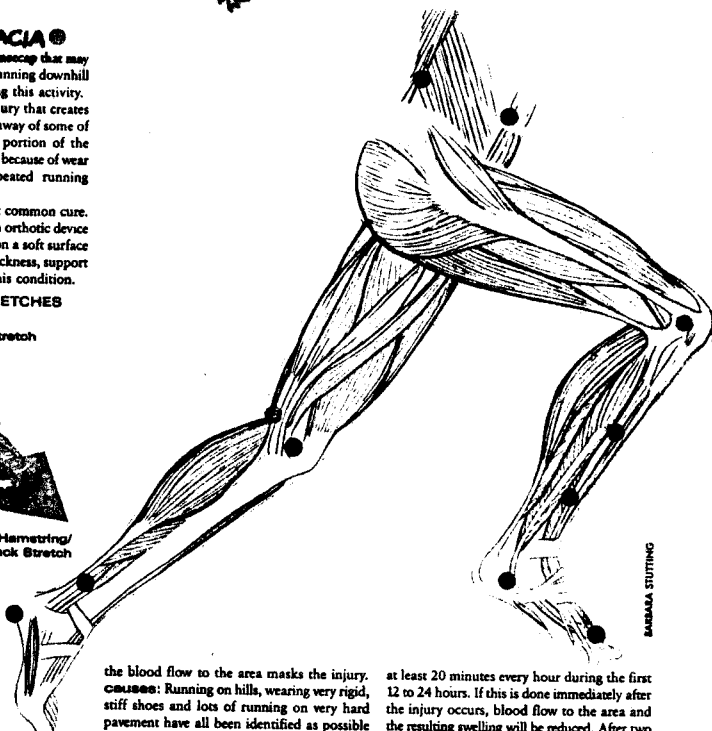
symptom: Pain in the shin or front of lower leg.

causes: Irritation of the bones or soft tissue (blood vessels, muscles or membranes or connective tissue) of the lower leg from running too much, too soon and/or running on hard surfaces; pronation may cause muscle-related shin splints.

treatment: A physician who is familiar with running injuries can determine which part of your shin is injured. In particular, an X-ray will determine if the bone has developed a stress fracture (slight cracks in the bone). Applying ice after running, using orthotic devices, running on softer surfaces, decreasing the amount of running and wearing shock absorbent shoes that don't increase pronation can help. Adequate rest may be necessary to allow injury to heal.

ACHILLES TENDINITIS ●

symptoms: Pain and/or swelling over the Achilles' tendon. Pain may be worse early in your run, and then subside as you warm up and



BARBARA STUTTING

the blood flow to the area masks the injury. **causes:** Running on hills, wearing very rigid, stiff shoes and lots of running on very hard pavement have all been identified as possible causes. Repeated running on hard surfaces, up or down hills or on uneven terrain may inflict small tears in the tendon.

treatment: First treat with ice, rest and elevation. Several days later, begin gently and gradually stretching the ankle. Exercises that maintain strength in the front and back of the ankle joint and enhance flexibility in the calf and foot will help prevent injury. Heel lifts (1/8 to 3/8 inches high) can provide a little relief.

ANKLE SPRAINS ●

symptom: Pain, most commonly on the outside of the ankle, after the foot is turned beyond a normal range of motion for the ankle joint.

causes: Running on an uneven surface or suddenly stepping in a depression or on an object, such as a rock. Eighty percent of all ankle sprains are inversion sprains, which turn the ankle inward and stretch or tear the talofibular ligament on the outside of the ankle.

treatment: The problem with this injury is that runners tend to treat it as a slight sprain, and don't give the ligament the attention it needs. Use the RICE treatment, applying ice

at least 20 minutes every hour during the first 12 to 24 hours. If this is done immediately after the injury occurs, blood flow to the area and the resulting swelling will be reduced. After two days, begin gentle stretching, followed by heat application to the joint. Long-term treatment may involve protective taping. Visit a physician if damage to the ligament appears severe.

METATARSAL STRESS FRACTURE ●

symptom: Pain from cracks in the small, long bones of the foot.

cause: Repeated pounding while running. **treatment:** A physician or podiatrist can determine the extent of the injury. Reduce your running time and wear shock absorbent shoes. Rest may be needed to allow the bones to heal.

PLANTAR FASCIITIS ●

symptom: Pain on the bottom of the heel, which is often worse in the morning.

cause: Too much running inflames the plantar fascia, a tough, fibrous, connective tissue that runs along the bottom of the feet, where it inserts into the heel bone.

treatment: Immediate application of RICE. A plastic heel cup or a horseshoe-shaped heel pad can help alleviate pain. ■

HAPPINESS IS A PERFUME WHICH YOU CAN'T POUR ON SOMEONE WITHOUT GETTING SOME ON YOURSELF- RALPH WALDO EMERSON

CENTRAL VERMONT RUNNERS MEMBERSHIP APPLICATION

Last Name _____ First Name _____ Middle Name _____

Street _____ City/Town _____ State _____ Zip _____

Date of Birth _____

Phone Number (Home) _____ (Work) _____

T-shirt size: S M L XL

Dues Paid: 86 87 88 89 90 91 92 93 94 95 96 97 98

As a responsibility of club membership, I agree to work on at least one club race during the year. My preferred month is indicated below. Directors will call for help.

___ Mar ___ Apr ___ May ___ Jun ___ Jul ___ Aug ___ Sep ___ Oct

As an alternative, I prefer to work on the race checked below:

- May ___ U32 5K
- Jun ___ Montpelier 10 Miler
- Jul ___ Capital City Stampede
- Aug ___ Berlin Pond Couples Race
- Sep ___
- Oct ___ Leaf Peepers Half Marathon
- ___ Fun Runs (every Tuesday through October)
- ___ Newsletter
- ___ Annual Banquet

Initial membership fee is \$5 (\$1 for subsequent members from the same household). T-shirts are \$6.00.

Send completed Membership Form with Initial membership fee to:

CENTRAL VERMONT RUNNERS
Darragh Ellerson
Upper North St., Box 170
Montpelier, VT 05602

Merrill K. Cray-Z
RD 3 Box 5310
Montpelier, VT 05602